



Upcoming Events – Spring 2026

Hosted by Autism: A Hands-On Approach

All events are online and open to the public. Click the links below to book your place.

March 2026



From Isolation to Empowerment: Finding Your Place in Education (Why Belonging Matters)



Speakers: Finty Royle & Ellie Longhnan
Wednesday 4th March 2026



4:00 pm - 6:00 pm

[BOOK NOW](#)



Online via Zoom
Cost: £20



Ellie Loughnan

Ellie is the director of the Rekindle Foundation, using three decades of experience in the education sector to transform experiences and outcomes for those most disadvantaged by the current systems. She has led groups of schools in shared development and has supported improvement at a local authority level.



Finty Royle

After receiving an autism diagnosis at age 16, Finty transformed her personal struggles into a powerful platform for change. Now a 5th year medical student, she celebrates the unique perspective her neurodivergence brings to her life & work. Finty has spent years championing the theme of belonging, sharing her insights at panel events, national conferences and within the halls of Parliament. As a member of the Belong Collective & a researcher with Rekindle, she recently bridged the gap between data and storytelling by developing a narrative game to help young people explore and claim their own sense of belonging.

March 2026 Cont'd



Understanding Pathological Demand Avoidance from all Angles

Speakers: Katie & Sally Trowse



Thursday 19th March 2026



4:00 pm - 6:00 pm



Online via Zoom

Cost: £20

[BOOK NOW](#)

This workshop offers a unique, multi-angle insight into PDA, blending lived experience with professional expertise. Whether you're a parent, educator, or practitioner, you'll gain practical tools and a deeper understanding of how to recognise and support PDA profiles with confidence.

May 2026



Autism & ADHD / AuDHD

Speakers: Sally Trowse & Katie Trowse



Thursday 14th May 2026



4:00 pm - 6:00 pm



Online via Zoom

Cost: £20

[BOOK NOW](#)

Sally is an ADHD Clinical Nurse specialist has worked for her career supporting families living with ADHD from her unique perspective as an adult with ADHD. Katie, a former local authority teacher and independent education consultant, shares her perspective and knowledge on Autism and ADHD as a late-diagnosed AuDHD adult

Contact Us

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